

Child Care Health Consultation Lesson Plan

Contractor Name: CCHC Program

Date Submitted: May 29, 2015

☐ **Children's Health Promotion**

**Adult Training on
Content Area V:
Health and Safety**

Health and Safety Standards

Training Levels

☐ Promoting Risk Management Practices

☐ 1 ☒ 2 ☐ 3 ☐ 4 ☐ 5

☐ Protecting Children and Youth

Source:

Core Competencies for Early
Childhood and Youth Development
Professionals
(Kansas and Missouri), 2011

**Select one
standard and one
level**

☒ Promoting Physical Health

☐ Promoting Mental Health

☐ Promoting Healthy Eating

Title: 12345 FitTastic Message #2 – Reduce Screen Time

Training Goal: Child care providers will recognize ways to limit sedentary time in front of videos or television time to promote more physical activity for children

Learning Objective(s): Participants will

- Identify benefits of reducing screen time
- Discover creative and healthy ways to cut back on screen time
- Create and develop personal plan for reducing time spent in front of a screen

Topical Outline of Content	Training Method(s)	Time (in minutes)
NOTE TO TRAINER: All supporting training documents (activities, quizzes, powerpoint slides, handouts), & evaluations can be accessed and downloaded at: http://fittastic.org		
Introduction- Review the Learning Objectives	Intro	5 min
Objective 1: -Review: Fit-Tastic Healthy Lifestyles Quiz results on screen time habits	Discussion	5 min
Objective 2: Discuss as a group what constitutes screen time in today's environment. Make a list of these activities.	Discussion	5 min
Objective 3: Benefits of reducing TV and screen time and specific recommendations on how to do so: -Review handout: <i>2 Hours Maximum of Screen Time</i> ; -Review handout: <i>Choose Healthy Habits for a Healthy Future</i>	Lecture/discussion; handout	20 min
Objective 4: -Activity: Using what you have learned, identify and develop three ways to reduce time spent in front of a screen -Reminder of tips and facts for reducing screen time -Wrap-up/ Q&A/ evaluation	Group activity; discussion Q & A, evaluations	15 min 5 min 5 min
Total training time: 1.0 clock hours		1 hour

Methods of outcome evaluation: Participation in group activities, Q & A, evaluation

FOR MISSOURI DEPARTMENT OF HEALTH & SENIOR SERVICES USE ONLY

Date Approved:
May 29, 2015

Authorized Approval Signature:



Date Expires:
May, 2018